

## STRUCTURE / FUNCTION CLAIMS

### NUTRIENT: Vitamin C

DATE: December 9, 1996  
Document Name: sf01vitc.wpd

BY: Original (reviewed by LRB)

PRODUCT: Fred Meyer Chewable Vitamin C (100t, 300t)

NUTRIENT AMOUNT: 500 mg vitamin C per serving (one tablet)

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#### STRUCTURE/FUNCTION CLAIM:

Vitamin C is essential for formation of body protein and for building sound bones, teeth, skin, cartilage and capillaries.

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#### REFERENCES:

1. Jacob, R.A., Vitamin C, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 432-448.
2. Englard, S. And S. Seifter, The biochemical functions of ascorbic acid. *Ann. Rev. Nutr.*, 1986; 6: 365-406.
3. Bender, D.A., Vitamin C, in *Nutritional Biochemistry of the Vitamins*, Cambridge University Press, Cambridge, 1992, 223-245.
4. Skelton, W.P. and N.K. Skelton, Deficiency of vitamins A, B and C: something to watch for, *Postgraduate Med.* 1990; 87(4): 293-310.

97S-0162

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